

BE A MASK HERO

When you wear a face mask, you **keep other people safe** from the germs that come out of your nose and mouth. This can help stop the **coronavirus** from spreading. And don't worry—it's **easy to wear one**, and you can breathe, talk, and laugh just like you always do!

MASK DOS AND DON'TS



DO use the ear bands to put on and take off your mask.



DO keep both your nose AND your mouth covered.



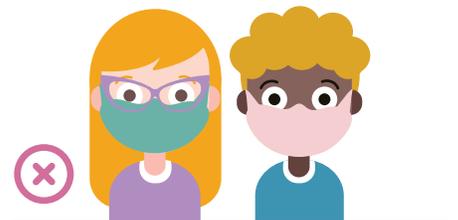
DO wash your hands for 20 seconds before you put it on or remove it.



DON'T touch the front of your mask.



DON'T wear your mask on your chin or around your neck.



DON'T get too close to others. Stay 6 feet apart, even with a mask on!

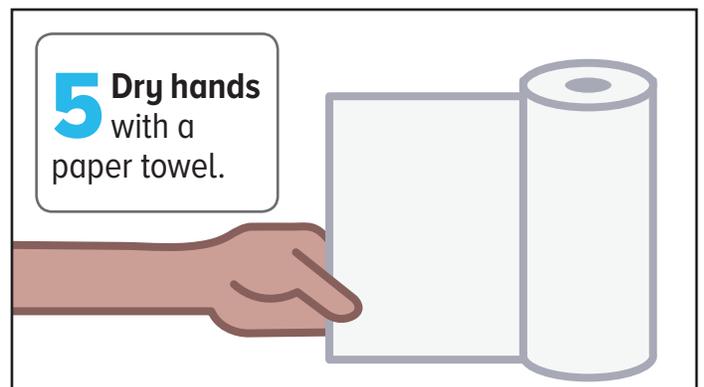
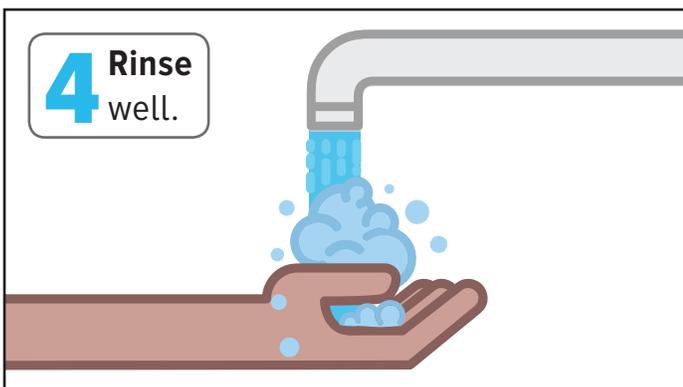
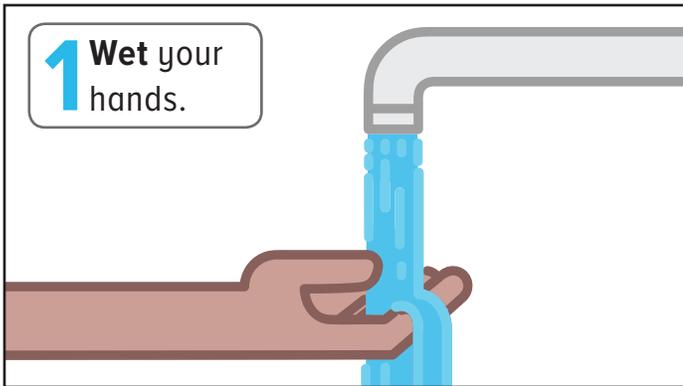
ROLE MODELS

Lots of people **wear masks in their jobs** to stay safe.

- **Doctors and nurses** wear them to protect themselves and their patients from germs.
- **Scientists** wear them in the laboratory so they won't breathe in dangerous chemicals.
- **Firefighters** wear them so they don't breathe in smoke.
- **Scuba divers** wear them so they can breathe underwater.

DON'T FORGET TO WASH YOUR HANDS!

Handwashing is more **important than ever** right now because it helps stop the **coronavirus** from spreading. Here's how to do it right!



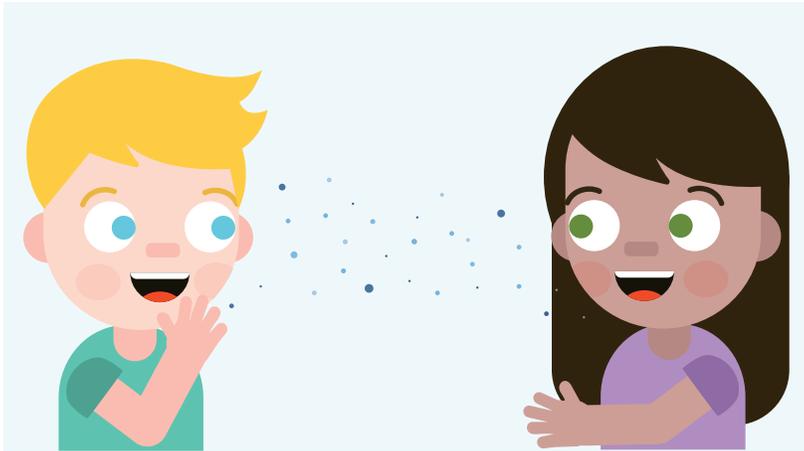
WHEN TO WASH

WASH YOUR HANDS BEFORE AND AFTER: you take off your face mask • you eat a meal

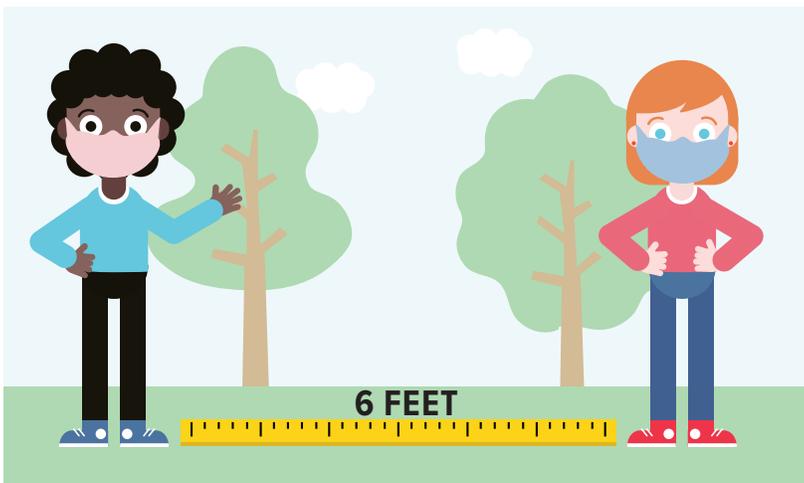
ALSO WASH AFTER: you arrive at school • you blow your nose, sneeze, or cough • you use the bathroom • you come in from playing outside

HOW 6 FEET HELPS

You've heard that standing **6 feet apart** from people when you're in public (called **social distancing**) helps prevent the **coronavirus** from spreading. But why exactly does it work to help keep us safe?



- When someone talks, laughs, or coughs, **droplets from their mouth** get released into the air.
- These droplets can contain **germs** including the coronavirus. If another person is standing too close, they can breathe in the droplets and **get sick**.



- When you stay **6 feet apart**, it helps keep everyone **safe**, because the droplets can't travel very far.
- Even when you are 6 feet apart, it's important to also wear a **face mask**!

HOW FAR IS 6 FEET?



← 1 Bike →



← 2 Big Dogs →



← 2 Shopping Carts →



← 3 Ducks →

THE WHYS AND HOWS OF FACE MASKS

When you wear a mask in public, you help **protect the people around you** from germs and help prevent the spread of the **coronavirus**. Learn the facts below—then mask up!

WHY?



When you talk, laugh, or cough, **respiratory droplets** from your nose and mouth get released into the air. The droplets can contain germs, including the **coronavirus** (the virus that causes COVID-19).



Those droplets can travel through the air and **land in the nose or mouth** of someone nearby or get **inhaled into their lungs**.



According to the Centers for Disease Control and Prevention (CDC), face masks act as breathable barriers to stop the droplets from traveling into the air.



Even if you don't have symptoms and don't feel sick, you could still be a coronavirus carrier and infect others without realizing it. That's why wearing a mask in public is one of the best ways to stop the spread of the virus.

HOW?

Don't forget these safety tips when you're wearing your mask.



DO use the ear bands to put it on and take it off.



DO keep both your nose AND your mouth covered.



DO wash your hands for 20 seconds before you put it on or you take it off.



DON'T touch the front of the mask or your face.



DON'T wear it on your chin or around your neck.



DON'T get too close to other people. Stay 6 feet apart, even with a mask on.

